

Curriculum Planner

VAC: Emotional Intelligence

for Sem.4, all Courses

Learning Objectives

The Learning Objectives of this course are as follows:

- Introduce the concept of emotional intelligence, its models and components.
- Understand the significance of emotional intelligence in self-growth and building effective relationships.
- Identify the measures of emotional intelligence.

Learning Outcomes

The Learning Outcomes of this course are as follows:

- Self-Awareness, Self-Management, Social Awareness & Relationship Management.
- Discover personal competence and techniques of building emotional intelligence.
- Gain insights into establishing positive relationships.

Lesson Plan

UNIT- I

Fundamentals of Emotional Intelligence

- Discussion of nature and significance with examples
- Models of emotional intelligence: Ability, Trait and Mixed
- Building blocks of emotional intelligence: self-awareness, self-management, social awareness, and relationship management

(1-4 Weeks)

UNIT- II

- Engage students with certain practices that shall include self-awareness: Observing and recognizing one's own feelings, Knowing one's strengths and areas of development.
- Self Management: Managing emotions, anxiety, fear, and anger.

(5-8 Weeks)

UNIT- III

- Engage students in learning social competence and inculcate social awareness, understand others' perspectives, inculcate empathy and compassion
- Relationship Management: Effective communication, Collaboration, Teamwork, and Conflict management

(9-11 Weeks)

UNIT- IV

Measurement and Development

- Measures of emotional intelligence
- Strategies to develop and enhance emotional intelligence (12-14 Weeks)

Practical component (if any)

Students will practice self-management techniques to regulate emotions such as

- Mindfulness
- Conditioned relaxation response

Students will practice various techniques of relationship management such as engaging with:

- Display of empathy, Effective communication, Teamwork and Conflict resolution. If required, students can share their experiences in the form of a Project Report.